

**Race Course Description:**

This description was written by Ian and Susan Lowe-Wylde, who have spent countless hours out on the new course. You can tell they are excited about it!

Distance: 32 km

Elevation Gain: 2817m (9200')

Time limit: 12 hours

The race starts downtown Blairmore at 1292m and in less than 1km you head up Bluff Mountain on a tiny, rugged switch-backing trail and along open, steep rocky ridges to the first summit at 2145m. From the summit you descend along connected animal trails through open forest to the site of the ghost town of Lille where you will see ruins from the early 1900's at about 1500m. From the Lille town site, you run up a forest trail to the first aid station at about 1700m and at the base of the next climb.

From the aid station, you climb up steep rocky terrain to an unnamed summit at 2200m. This is true Canadian wilderness mountain running with nothing but wilderness in all directions and a spectacular view of the course that lies ahead! A small descent through a gentle col to a steep climb on loose rock brings you onto the Livingstone Range and the highpoint on the course at 2310m. The Livingstone Range is a prominent feature in Crowsnest Pass area...it's where the prairies meet the Rocky Mountains. (Side Note: The entire Livingstone Range is about 42km long and a known challenge amongst local endurance athletes. Our race director, Andrew Fairhurst, along with Minotaur ambassador Troy Misseghers, have the FKT of 11:33:18 and were unsupported in their traverse). Heading south along the Livingstone Range is like dancing on a line between the prairies and the Rockies...true SkyRunning on a knife-like, narrow, technical ridge! Next comes a rough scree descent back down into a remote alpine valley where you will follow some rugged trail to the same aid station that you passed through earlier at about 1700m.

From here, it's back up a demanding climb to 2200m and a challenging, technical ridge that parallels the Livingstone Range. Then you traverse east along a narrow serrated rocky ridge with technical ups and downs along some very interesting and unique rocky terrain. At the end of this ridge is South Peak...back on the Livingstone Range ridge at 2270m and the second highest point on the course.

From South Peak, you follow the Livingstone Range ridge south along some pretty runnable rocky terrain, through alpine meadows and "The Enchanted Forest" to a descent down mixed rock/scree slope into another very remote alpine valley. At the valley bottom, you follow a small trail through to a spot where the valley narrows to only a few meters. The trail then contours around into a pasture area, crosses a dirt road and into the final aid station. Leaving the aid station it follows several connecting dirt trails toward the infamous Frank Slide area. The Frank Slide is a massive rock slide and Canada's deadliest landslide! You then join a community gravel trail which takes you above the town of Frank and along the beautiful Crowsnest River back to Blairmore and to the finish line!